

SHAKSHUKA

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 3 Tbsp. Vegetable Oil
- 2 Onions, chopped finely
- 2 Yellow Bell Peppers, cut into ¼-inch strips
- 4 Garlic Cloves
- 2 Tsp. Tomato Paste
- 1 Tsp. Ground Cumin
- 1 Tsp. Turmeric
- Salt and Pepper
- ⅛ Tsp. Cayenne Pepper
- 1 ½ Cups Jarred Piquillo Peppers, chopped (can sub roasted red peppers)
- 1 can diced tomatoes (14/5-oz)
- ¼ cup Water
- 2 Bay Leaves
- ½ Cup Chopped Fresh Cilantro
- 8 Large Eggs
- ½ Cup Feta Cheese, crumbled

Instructions:

1. Heat oil in 12-inch skillet over medium-high heat until simmering. Add onions and bell peppers. Cook until softened and beginning to brown, about 8-10 minutes. Add garlic, tomato paste, cumin, turmeric 1 ½ Tsp. salt, ⅛ tsp. pepper and cayenne. Cook, stirring frequently, until paste begins to darken, about 3 minutes.
2. Stir in piquillo peppers, tomatoes and their juice, water and bay leaves. Bring to simmer, then reduce heat to medium-low and cook, stirring occasionally, until sauce is slightly thickened, 10-15 minutes.
3. Remove from heat, discard bay leaves and stir in ¼ cup cilantro. Transfer to blender and process until smooth. Return to skillet and bring sauce to simmer over medium-low heat.
4. Remove from heat, make 4 shallow indentations in surface of sauce using back of spoon. Crack 2 eggs into each and season with salt and pepper. Cover and cook over medium-low heat until egg whites are just set, and yolks are still runny, 5-10 minutes. Sprinkle with feta and remaining cilantro and serve.



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